



April 2019

Arroyo Grande Wellness Center
 "Safe Haven"
 203 Bridge St. Arroyo Grande, CA 93420
 (805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday
1 10-11 Coping with Voices 11-12 "QUEEN" Music Appreciation Hour 12-3:30 Film & Discussion: "Bohemian Rhapsody"	2 10-11 Coping w/Anxiety 11-12:30 Starbucks & Calendar Brainstorm 1-2 Inhale Peace, Exhale Harmony 2-4 Mandalas at Avila Beach	3 10-11 Women's Group 11:30-12:30 Beading 1-2 Coping with Depression 2-4 Tennis	4 10-11 The Financial Diet 11-12 Let's do Lunch 12-2 Yoga 2:30-4 Grover Beach Walk	5 Center Closed for Staff Training
8 10-11 Coping with Voices 11:30-3 Shell Beach Picnic -Frisbee -Beach Walk -Fun 3-4 Mindful Meditation	9 10-4 Charles Paddock Zoo -Bring lunch or money to purchase.	10 10-11 Women's Group 11:30-12:30 Heads Up 1-2 Coping with Depression 2-4 Making Safe Haven Shine	11 10-11 Combating Loneliness 11-4 <i>Women's Luncheon</i>	12 11-1 BBQ Pot Luck -Bring a Dish! 1-2 Coping with Bipolar Disorder 2-3 Open House Planning Committee
15 10- 11 Morning Routine: What helps you have a good start to your day? <u>11:30-12:30 Listening for Insights with Zazz Daniel</u> 1-4 Morro Bay	16 9-10 Coffee and Bagels 10-3 Friends of the Price House Tour w/Docents	17 10-11 Women's Group 11-12:30 French Press & Biscuits 1-2 Coping with Depression 2-3 Game Hour: Taboo 3-4 Mindful Meditation	18 10-11 The Financial Diet 11-12 Let's Do Lunch 12-2 Baking Vegan Blondies -RSVP 2-4 Wellness Walk and Window Shop	19 11-1 Bob Jones Trail 1-2 Coping with Bipolar Disorder 2-3 Planning Committee Saturday 20 10-12 NAMI Family to Family Support Group @ Safe Haven
22 10-11 Coping with Voices <u>11:30-12:30 Listening for Insights with Zazz Daniel</u> 1-4 Sister Kitchen & Grover Beach	23 10-11 Coping w/Anxiety 11-12:30 Art Therapy w/Jessica 1-2 Inhale Peace, Exhale Harmony 2-4 Fresh Air & Hummus at the Park	24 10-4 Central Coast Archery Blackhorse Espresso & Bakery Madonna Plaza	25 10-11 Combating Loneliness 11-12 Let's Do Lunch 12-1 Yoga 1:30-4:30 Harmonic Prana w/Jamie Dubin (RSVP)	26 11-1 Vision Boards 1-2 Coping with Bipolar Disorder 2-3 Open House Planning Committee
29 10-11 Coping with Voices 11-4 El Tapatio Restaurant & Nancy Haglund Photo Exhibition	30 10-11 Coping w/Anxiety 11-12:30 Light Group Exercise 1-2 Inhale Peace, Exhale Harmony 2-4 One Pot Vegan "Mac & Cheese"	 NATIONAL MINORITY HEALTH MONTH Active & Healthy April 2019 National Stress Awareness Day: April 16 th	<p><u>If you are interested in becoming a member, please give us a call to schedule an appointment and tour.</u> (805)489-9659</p>	<p>Life Happens! All events subject to change! Please RSVP for all outings/events. <u>Doors close 10 minutes after group begin</u></p>